Home Plate

August 2009

The newsletter of Meals on Wheels of Charlottesville–Albemarle

Soup's (almost) on!

Forget the heat! Soon it will be bundle-up-in-a-sweater, football-playing, leaf-raking, pumpkin-and-apple-picking, and most especially … belly-warming SOUP weather!

We'll be selling our soup mixes again this fall — so make sure to pick some up to keep on hand for Sunday supper on a cold winter's night! — and think ahead and make a list of teacher/hostess/holiday/housewarming gifts you'll want to have at the ready. Remember that giving these soup mixes is giving a gift that gives TWICE — since your gift to a friend or new neighbor will also help to feed our needy neighbors right here at home.

You can choose from a variety of flavors ($10 each, to make 6 – 8 10 oz. servings)
made by our neighbors at Montebello Kitchens in Gordonsville:
Wheel World Red Lentil & Pasta (specially made for us, and last year's best seller!),
Aunt Beth's Veggie Bean, Logger's Lentil & Sausage, Six Bean Beanpot, & Peanut Soup mixes.

You'll find us selling these yummy fall and winter favorites
by the fountain at Barracks Road Shopping Center
10 am until 4 pm on Saturday, September 19
and
at the Downtown ACAC
8 am through noon on Saturday, September 26
You can also place an order to pick up by calling the Meals on Wheels office at 293-4364.

WE MADE IT TO THE FINISH LINE!!!

We made it — thanks to YOU! — and that means we collect our prize: the $6000 matching grant from the Starr Hill-Red Light Fund of CACF! Your donations — and your friends' and neighbors' — put us (and our program and clients) in the winner's circle — and you deserve gold medals for that! This important grant feeds our neighbors & enlarges our circle of friends — and that's cause for celebration!

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is published four times a year by Meals on Wheels of Charlottesville-Albemarle.

Call 434/293-4364 or address inquiries to:

Meals on Wheels
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Charlottesville, VA 22903
Email: mandy@cvillemeals.org
Visit us at www. cvillemeals.org

Meals on Wheels is an independent, non-profit local organization that provides hot, nutritious lunchtime meals to homebound Charlottesville and Albemarle residents who are unable to cook their own meals and who have no one to help them. Meals are delivered by volunteers every Monday through Friday, including all holidays that fall on weekdays.

All contributions to Meals on Wheels are tax-deductible. Donations from the community are what make this program possible.

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PROUD SPONSOR OF THE MEALS ON WHEELS NEWSLETTER

From the Director's Chair

As we head into fall and cooler weather, we say farewell and thanks to our summer drivers — TeensGIVE, People Places, and the many teachers and families who make volunteering for Meals on Wheels part of their summer vacations — and also we give a warm "welcome home" to our volunteers who are trickling back into town.

Over the summer we were fortunate enough to have a couple of Roseberries Graphic Design interns tackle a big job for our website — check out the result, our new "Day in the Life" slide show link, at www.cvillemeals.org. All thanks to Patrick Schoonover and Anne Carlyle Lindsay for putting their talents to work on our website — as well as on the newsletter you're holding!

The wonderfully cooler, shorter days are a reminder that even COLDER weather is ahead — and for Meals on Wheels, that means it's getting to be time to start collecting canned food for our blizzard bags.
We like to have these emergency food bags distributed to our clients by the end of November, just in case some wintry weather hits early — and in hopes of heading off (and maybe even jinxing!) that weather!
If you'd like to fill a blizzard bag for one of our clients, call the office to get our "grocery list," which covers all of our clients' many special dietary restrictions.

Here's hoping all our friends — our volunteers, supporters and clients — will reap all good things this fall!

— Mandy Hoy

GO GREEN with an e-Home Plate!

Would you prefer to be green — as in, saving the earth some trees, and saving us some postage — and receive your quarterly *Home Plate* electronically?

To sign up to receive an e-Home Plate, email Mandy at mandy@cvillemeals.org and write "email news" in your subject line.

We plan to have this service up and running with our winter 2009 newsletter. Another green tip: you can save yourself some postage by donating to Meals on Wheels online, through our website, www.cvillemeals.org, which is (newly) sponsored by Allen & Allen.

Every day is somebody's birthday ... but not everyone gets a gift. If your club or organization would like to make or donate a birthday gift (or two, or ten) for our clients, we have a client (or two, or ten) whose day you'd make! One recent celebrant sent a note to say: "Dear Meals on Wheels, just wanted to thank you all for thinking of me on my birthday. The gift bag you all gave was very nice and sweet. I love it. Again thanks. I could use all of it." Another wrote: "I really appreciate the wonderful gifts you sent me for my birthday. I did not expect all of this, but was really happy to receive it."

With 200+ meal recipients, it really is someone's birthday most days; we end up distributing our gifts pretty quickly, so we're always wishing for more.

Candles, playing cards, crossword puzzle books (large-print, please!), socks — choose from our list or make up your own ideas — including, of course, your own handmade gifts or cards — any and all would surely be appreciated!

We had some help working to make our Starr Hill-Red Light match; **Cathy Harding**, a former volunteer and ongoing friend and supporter of ours, sent out a big group email to *her* friends, with a very personal story:

"I am writing to tell you about my grandmother, Bertha Rosen Burns. She died in 2002 at the age of 96. An independent woman, daughter to a Russian immigrant tailor who herself became a master seamstress, she lived on her own until three days before her death. She and I were both very proud of this fact. I lived far from her in her final years, but I knew that many people filtered into and out her daily life, providing her care and companionship. Among them was a woman who delivered my Nana a hot meal five days a week for years. She was a volunteer from Meals on Wheels. She became attached to Nana, so much so that she attended her burial. She had kind words to say about Nana, and she inspired me to volunteer for Meals on Wheels in Charlottesville, which I did for two years. Meals on Wheels is a remarkable community force, giving sustenance, encouragement, and human contact to many people who cannot leave their homes or who would have very little of this kind of life — giving contact otherwise. I believe in this organization with everything I've got. Please consider making a donation … and tell them Bertha Rosen Burns sent you!"

What a wonderful tribute: Bertha Rosen Burns sent lots of people our way!

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of Charlottesville|Albemarle

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Walk the Walk!

Sunday, October 11, 2009 will be the 38th Annual 10K CROP WALK. Join in the fun and help raise money to fight hunger locally and globally!

See you there!

We're so glad we got the chance to taste all that at "Taste This!"

Meals on Wheels is so grateful to have been selected as a beneficiary of this annual event to fight hunger locally. The evening was a scrumptious smorgasbord of delectable treats, wonderful wines and tasty beers — all to benefit Meals on Wheels of Charlottesville-Albemarle and the Salvation Army. With the generous support of local businesses and restaurants, *Taste This!* raised over $11,000 for our program, which will provide LOTS of people LOTS of meals!

viva vintage!

Cull through your house, your basement, your garage … do you have vintage items, collectibles, or local memorabilia languishing in the corner, in a box, unseen and unappreciated? How about letting them see the light of day by donating them to be auctioned off in Meals on Wheels' 2nd Annual Antiques & Collectibles Auction, slated for April 24, 2010 at the Elks Lodge. Antiques and vintage items of 50 years of age and older are all welcome and greatly appreciated! We'll have further details for you as we get closer to the event — but you can go ahead and start setting things by now!